

BETTER CARE HOME HEALTH'S SPECIALTY PROGRAMS

318-473-4676

# LYMPHEDEMA THERAPY PROGRAM

## What is the THH Lymphedema Therapy Program?

- An integrated protocol for reducing lymphedema and its symptoms. It does not "cure"; but rather alleviates swelling and pain
- It is administered in the home under doctor's orders
- It combines manual lymph drainage maneuvers, multi-layer bandaging and fitting of compression garments
- Diabetic and safety counseling as well as exercise instruction are incorporated
- Proper administration requires supervision by a certified lymphedema therapist
- Patients are typically seen 3 to 4 times each week for 4-6 weeks
- Under certain circumstances and always in consultation with the attending physician, lymphedema pumps may be incorporated into the treatment

## What are the benefits of the Lymphedema Therapy Program?

- Opportunity to receive treatment at home
- Reduced swelling and discomfort
- Increases in mobility
- Improvements in balance
- Increased sense of "being in control"

## Treatment / Care

- Assessment of skin integrity
- Assessment of functional mobility
- Assessment of impaired daily activities
- Assessment of pain level
- Assessment of affected areas and levels of sensations
- Strengthening test
- Manual Lymph Drainage – A gentle massage that stimulates the lymphatic system to decrease the swelling
- Medical Compression Bandaging – facilitates Lymph flow and assist in the maintaining positive effects of the manual Lymph drainage between treatments
- Sequential Pumping – used as needed to assist in Lymph drainage in combination with manual Lymph drainage and medical compression bandaging
- Exercise Program – A personalized exercise program to assist in improving range of motion, strength and ability to perform everyday activities
- Patient/caregiver education – Proper skin care, self massage, exercise, and precautions to assist in making positive life-style choices

## CONTACT INFORMATION



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